



Support Networks for Adults				
Organization	Service Description	Address	Contact Number	Website
Advocacy Academy	Helping parents learn skills to appropriately advocate for their families. Spanish Community of Wallingford	284 Washington Street, Wallingford, CT 06492	203-535-4804	http://www.scowinc.org/
Asperger/Autism Network (AANE)	Adult Support Group Series offers support either in-person or online and meet for a series of consecutive weeks, bi/weekly, or monthly meetings. Each group consist of 10-12 participants. Ther	51 Water Street, Suite 206, Watertown, MA 02472	617-393-3824	https://www.aane.org/resources/adults/adult-support-group-series/#online-adult-Wednesday
Asperger/Autism Network (AANE)	AANE provides a case management service called LifeNet. It is a private pay, independent living support program for adults with ASD. Programs assist with social skills, health, life skills and advocacy.	51 Water Street, Suite 206, Watertown, MA 02472	617-393-3824 ext. 60	https://www.aane.org/LifeNet/
Asperger/Autism Network (AANE)	Online Support Group Series for Parents of Nuerodivergent, Transgender/Non-Binary Adults. Cost is \$275.	51 Water Street, Suite 206, Watertown, MA 02472	617-393-3824	https://www.aane.org/event/online-support-group-series-for-parents-of-parents-of-neurodivergenttransgender-non-binary-adults/
Asperger/Autism Network (AANE)	Offers support and social groups for couples and partners in which one or both individuals have an Aspergers profile. Offered in person or online.	51 Water Street, Suite 206, Watertown, MA 02472	617-393-3824	https://www.aane.org/resources/adults/support-social-groups-couples-partners/

Asperger/Autism Network (AANE)	AANE offers a Life Management Assistance program (LifeMap) which is an intensive and individualized life coaching program for individuals with Asperger profiles. Services are offered to parts of Connecticut and can be accessed in person or online. There are a variety of LifeMap programs which include transition planning out of high school, life skills coaching or job finding assistance.	51 Water Street, Suite 206, Watertown, MA 02472	617-393-3824	https://www.aane.org/resources/adults/lifemap-coaching/
Autism Families of Connecticut	Offers a variety of social and recreational activities for both youth with ASD and their families. The goals include creating a social environment, promoting social skills, listening and communicating.	600 North Mountain Road, Newington, CT 06111	860-474-3444	http://www.autismfamiliesct.org/programs/
Autism Services & Resources Connecticut (ASRC)	Offers support groups, workshops, trainings and other educational opportunities for adults and teens with Autism Spectrum Disorders meets monthly (in Wallingford and Middletown)	101 North Plains Industrial Road, Harvest Park, Wallingford, CT 06492	203-265-7717	www.ct-asrc.org
Autism Speaks	The Autism Response Team (ART) is an information line for the autism community. Our team members are specially trained to provide personalized information and resources to people with autism and their families.	locations vary	1-888-288-4762	https://www.autismspeaks.org/about-us
Autism Speaks	Grief and Bereavement Resources- Resources to help support you or your child while experiencing grief	n/a	1-888-288-4762	https://www.autismspeaks.org/grief-and-bereavement-resources
Autism Speaks	Offers tips and guidance to parents and caregivers related to identifying and/or creating a support system after a child has been diagnosed with Autism	n/a	1-888-288-4762	https://www.autismspeaks.org/autism-and-your-family
Autism Speaks	Autism Speaks: My Autism Team. An online social network for parent of kids with Autism. Offers support and resource information from parents.	n/a	1-888-288-4762	https://www.myautismteam.com/

Best Buddies CT	BESTBUDDIES® builds one-to-one friendships between people with and without intellectual and developmental disabilities (IDD), through school and community friendship programs that provide socialization opportunities to help erase the invisible line that often separates students or adults with and without IDD. Friendship programs include Best Buddies Middle Schools, High Schools, Colleges, Citizens, and e-Buddies.	175 Capital Blvd, Suite 402, Rocky Hill, CT 06067	203-234-3996	https://www.bestbuddies.org/connecticut/friendship-map/
Best Buddies CT	e-Buddies promotes social inclusion online for people with intellectual and developmental disabilities	101 Southeast Second Street, Suite 2200 Miami, FL 33131	1-305-374-2233	https://www.bestbuddies.org/what-we-do/ebuddies/
Beyond My Battle	Online support group and educational resources for those individuals with serious illness, rare disease, and disabilities. Support is also available for caregivers.	112 W Circular St, Saratoga Springs, NY 12866	(518) 328-4939	www.beyondmybattle.org
BOW Parent Initiative	A parent Support group. Evenings, 6:30-8:30 p.m. Woodbridge CT	n/a	Diane Downey, 203-376-5119	n/a
Center for Disability Rights	Offers Helping Each Other Succeed cross-disability support groups in the following towns: Shelton; Derby; Ansonia; Seymour; Bethany; New Haven; East Haven; Hamden; North Haven; Wallingford; Durham; Meriden; Southington; Middlefield; Middletown; North Branford; Branford; Guilford; Old Saybrook; Killingworth; Deep River; Chester; Haddam; East Haddam; East Hampton; and Portland. Meeting times vary monthly, call for dates and time.	369 Highland Street, West Haven, CT 06516	203-934-7077 ext. 12	http://cdr-ct.org/
Connecting to Care	Provides care coordination services to assist families in connecting and building supports for their children who have serious mental/behavioral health challenges. A referral can be made by a community agency or a self-referral from a family. Care coordination supports are intended for youth up to the age of 18 or older if still in school.	various collaboratives throughout the state-please visit the website	various collaboratives throughout the state-please visit the website	connectingtocarect.org

Circle of Friends	Circle of Friends is a volunteer organization that reaches out to children, teens and young adults with special needs in Fairfield County, CT and involves them in a full array of inclusive, social experiences. Our innovative programming of home visits, play dates and social interactions, is designed to foster a relationship between children, teens and young adults with special needs and community teenage and young adult volunteers. Call for more information on the Circle of Friends and other events.	40 King Street, Norwalk, CT 06851	203-866-0534	www.circleoffreidndsct.org
Circle of Moms	Provides support to young mothers who are in need of friendship, support, guidance, connection to resources, and prosocial family focused activities. Contact facilitator for information. Meetings held on the last Wendesday of the month from 5:30-7:30pm.	48 Upper Butcher RD, Ellington, CT 0629	Laura Corlis & Vicki White, 860-221-4856	https://www.facebook.com/circleofmomsvernonct/
Clifford Beers Guidance Clinic	Marne Street Clinic offers comprehensive care including parent support groups and social skills groups for children and siblings.	41 Marne Street, New Haven, CT 06513	203-691-9383	www.cliffordbeers.org
Community Autism Social at Yale (CASY)	Community Autism Socials at Yale (Project CASY) is a university-organized, online, and local community of individuals living with autism, and the families, friends, and professionals involved in their lives. The main purpose is to promote a high quality of life for individuals living with autism. In person meetings typically occur weekly. Call for more information.	230 S Frontage Rd, Rm G-130 New Haven, CT 06519-1124	203-927-3970	https://www.meetup.com/ProjectCASY/
Community Autism Social at Yale (CASY)	Project CASY with sponsorship by Autism Speaks hosts a Spanish Language Autism Support Group that meets every Wednesday from 5:15pm-6:30pm, runs from September to February. Call for specific dates.	Clifford Beers Clinic- 93 Edwards Street, New Haven, CT 06511	Carmen- 203-954-5050 or Monica- 540-429-5367	https://www.meetup.com/ProjectCASY/
Community Centers, Inc.	Support groups for young people and adults with developmental disabilities meet weekly. Provide support in a group environment and group members can seek out counseling.	61 East Putnam Avenue, Greenwich, CT 06830	203-869-1276	http://ccigreenwich.org/

Connecticut Family Support Network (CTFSN)	Offers many support groups, both in person, over the phone, and online. Support groups allow individuals to network, gain access to resources and learn from guest speakers.	377 Hubbard Street #1, Glastonbury, CT 06033	1-877-376-2329	http://www.ctfsn.org/
Connecticut Parent Advocacy Center (CPAC)	Support groups for parents and families of children with special needs can be an excellent source of information, resources and of course, support. CPAC helps connect parents to groups in their area. View the links for information about finding a support group in your area or starting a parent support group.	338 Main Street, Naictic CT 06357	860-739-3089	http://www.cpacinc.org/helpful-resources/parent-support/
CT Families for Effective Autism Treatment (CT FEAT)	An online forum where many hundreds of Connecticut families share information and support.	P.O. Box 370352, West Hartford, CT 06137	contact via email info@ctfeat.org	http://www.ctfeat.org/listserve/s.htm
Destiny Outreach	This is a group for parents who want to network and make effective changes within their community. 1st & 3rd Tuesday of every month from 4-6 p.m. East Hartford Cultural Center, East Hartford, CT	50 Chapman Place, East Hartford, CT 06108	860-726-3646	n/a
Family Advocacy Program (FAVOR)	The Family Peer Support Program provides direct peer support services to families with children who have medical, mental, or behavioral health challenges. Our Family Peer Support Specialists assist families who need to navigate the special education and mental health care service systems	185 Silas Deane Highway Wethersfield, CT 06109	860-563-3232	www.favor-ct.org
Family Friendly Event	Provides support to families of children with special needs as well as their typical siblings by providing monthly opportunities for free outings. Every 3rd Friday evening or Saturday of the month.	34 East Town Street, Norwich, CT 06360	Susan Hostnik, 860-822-4335 & Christie Beausoleil, 860-861-1100	n/a

FOCUS Center for Autism	Agency offers monthly support groups for parents of children with autism which are open to the public. Free childcare is provided for children and their siblings 5 years of age or older.	326 Albany Turnpike, Suite 2A, PO Box 452, Canton, CT 06019	860-693-6127	https://focuscenterforautism.org/parent-support/
Friends of Autistic People	Charitable organization advocates for appropriate services for adults with ASD throughout the lifespan. Organization offers parent workshops and music therapy.	974 North Street, Greenwich, CT	203-661-8510	http://www.autisticadults.com/
GRASP	The Global and Regional Asperger Syndrome Partnership was created to improve the lives of adults and teens on the autism spectrum through community outreach, online support, education, and advocacy. Membership is free.	369 Lexington Avenue, 2nd fl, New York, NY 10017	1-888-474-7277	https://grasp.org/
Independence Unlimited	Independence Unlimited Youth Transitions Project increases the participation of youth with disabilities and their parents in the process of planning for their transition into adulthood. This includes self advocacy, skills training, service linkage and outreach.	151 New Park Ave., North Annex suite D, Hartford, CT 06106	860-523-5021	https://www.independenceunlimited.org/index.php/our-programs/youth-transitions
Inspiration	This is a group that provides support and encourages caregivers who have children and/or youth with behavioral, social, communication, or health challenges. They also empower, inspire and educate families to see beyond the diagnosis and see the possibilities and potential each family unit embodies. 3rd Tuesday of every month from 5:30-8 p.m. Meriden Public Library, 105 Miller Street, Meriden, CT	PO Box 173 Meriden, CT 06450	203-535-4804	https://www.facebook.com/InspirationSupportGroupMW/
Institute of Living	Offers various support groups such as substance abuse education, Lesbian/Gay/Bisexual/Transgender support, Autism Spectrum support, Mental Illness support, support services, and resources. Support programs are provided for those in need, their family members, and caregivers. Visit the website below for a complete list of support group locations, times and contact information.	200 Retreat Avenue, Hartford, CT 06106	860-545-7665	Hartford

It takes a Village	A support group for grandparents raising children with behavioral health challenges. First Tuesday of the month 11-12 p.m.	233 Retreat Avenue, Hartford, CT	Raleigh Leggett, 860-639-6752	n/a
Kennedy Center Autism Project	The Autism Project's respite groups and specialty programs provide opportunities for children, teens and young adults with Autism to engage with others.	2440 Rservoir Avenue, Trumbull, CT 06611	203-365-8522	http://www.thekennedycenterinc.org/
LARC	Torrington Area Families for Autism (TAFA) offers an Autism Support Group for parents which focuses on Autism advocacy, Awareness and Support. The group also offers activities, social outings and integrated playgroups for children. Support groups meets on the first and third Wednesday of each month. Meetings are held at LARC (314 Main Street, Torrington). Children are welcomed.	314 Main Street, Torrington, CT 06790	860-482-9364	https://www.litchfieldarc.org/autism-support.html
Litchfield County Autism Spectrum Association	LACASA ensures that individuals with ASD have access to local services, supports and recreational activities. Ongoing activities include parents support groups.	PO Box 2026 Torrington CT 06790	86-693-9128	www.autismsupportct.com
MyAutism Team	free social network for parents of kids with autism. With over 30,000 parents registered on the site, you can find parents just like you based on where you live, the age of your child, your child's sub-diagnosis and developmental needs, and gender. Parents share tips, support, and photos, as well as ask and answer each others' questions. In addition, there is a searchable provider directory of over 35,000 autism specialists and autism-friendly providers constantly updated by parents on the site. MyAutismTeam is the official social network and resource guide for Autism Speaks.	n/a	n/a	https://www.myautismteam.com/

NCCC Parent Support Group	This group helps parents whose lives have been touched by children with behavioral, social, anxiety, attention, communication and mental health challenges. 2nd Tuesday of every month from 6-8 p.m.	Suffield High School, 1060 Sheldon Street, Room 221, Suffield, CT	Contact Doriana Vicedomini at dmv35@aol.com or Diane Reynolds at sbdreynolds@cox.net	n/a
Next Steps 1	Provides parents with a safe, comfortable environment to vent their frustrations, challenges, fears, knowledge and positive experiences with other parents in the Southington area. Group meets every 4th Tuesday of the month from 6-7:30 p.m. No groups being held in the months June-August.	The Summit at Plantsville, 261 Summitt St, Plantsville, CT 06479	Carrie Foligno & Lori Powell, 860-302-6543	n/a
Organization for Autism Research	Offers guides designed for parents and young children/teenagers of siblings with autism. The resources aim to provide support to both parents and siblings, answer autism-related questions or concerns, and tips to help facilitate these relationships.	2000 N. 14th Street, Suite 300 Arlington, VA 22201	(866) 366-9710	https://researchautism.org/how-we-help/families/sibling-support/?utm_source=OARacle+Newsletter+Subscribers&utm_campaign=d84344ba39-EMAIL_CAMPAIGN_2020_02_18_03_42&utm_medium=email&utm_term=0_132914a232-d84344ba39-171428105
Padres Abriendo Puertas	This is a support group for Spanish-speaking parents of children with special needs to learn about special education and advocacy, share concerns and ideas, and learn about resources. On second Sunday of the month from 3-5 p.m.	Walnut Hill Community Church, 156 Walnut Hill Road, Bethel, CT	Contact: Miozotis Galarza, (203) 240-2467	n/a
Padres Abriendo Puertas	Support group for Hispanic parents/caregivers of children with special needs meets on the third Tuesday of the month at 4:30pm. Professionals and others who are interested in learning more about raising a child with special needs are welcome to attend. There is also an online support groups that is available.	Workspace, 903 Main Street, Manchester, CT 06040	860-809-1194	http://padresabriendopuerta.wix.com/pap-website

Parents Supporting Families	For parents of children with behavioral health needs. Childcare and refreshments available. 1st Thursday of every month from 6:30pm to 8pm.	Waterford Country School Safe Home; 947 Vauxhaul Street Extension, Waterford, CT	Grace Nelson, 860-235-7923 & Josephine Suarez, 860-857-2232	n/a
Pathfinders for Autism	A Maryland-based website offering "Parent Tips" articles on a variety of topics	235 Schilling Circle, Suite 103, Hunt Valley, MD 21031	443-330-5370	https://pathfindersforautism.org/
Raisingchildren.net.au	Provides some ideas for building supportive relationships with the your extended family and friends	n/a	n/a	https://raisingchildren.net.au/autism/communicating-relationships/family-relationships/family-friends-asd
Spanish Community of Wallingford	Support groups help parents learn skills to appropriately advocate for their families.	284 Washington Street, Wallingford, CT 06492	203-265-5866	http://www.scowinc.org/
Stepping stones	Offers tips and guidance to parents and caregivers related to identifying and/or creating a support system after a child has been diagnosed with Autism	n/a	n/a	https://www.steppingstonesca.com/single-post/2016/11/20/Building-a-support-network-when-dealing-with-ASD
Sun, Moon & Stars, Inc.	Agency runs events and activities in the Greater Watertown area. Also offers support groups for parents with children on the spectrum at no cost. Virtual platforms are being offered.	P.O. Box 563, Watertown, CT 06795	203-510-9931	https://www.sunmoonandstars.org/
The Arc Autism Now	Information Specialist are available to help individuals on the spectrum and their families by providing education, resources and support.	1825 K Street NW, Suite 1200 Washington, DC 20006	1-855-828-8476	https://autismnow.org/what-we-do/call-center/
West Haven Parent Support Group	The Local System of Care, Parent Support Group is for parents, guardians, care givers, family members, and friends of children with various special needs. Child care is available. Group meets the 2nd Monday of each month from 6:30pm to 8:30pm.	City Hall, 355 Main Street, West Haven, CT 06516	Viola Waldo at violawaldo412@att.net or Theresa Andriulli at 203-506-3816	http://www.mywhinc.org/whparentsupportgrp.htm

Wrong Planet	Wrong Planet is the web community designed for autistic individuals (and parents / professionals of those) with Autism, Asperger's Syndrome, ADHD, PDDs, and other neurological differences. We provide a discussion forum, where members communicate with each other, an article section, with exclusive articles and how-to guides, a blogging feature, and more.	n/a	n/a	https://wrongplanet.net/
Youth and Family Services	Support Group for Parents and Grandparents of Children Diagnosed with Asperger's Syndrome / High-Functioning Autism. Support groups meet twice a month and focus on specific topics which range from dealing with meltdowns to special education issues.	322 Main Street Old Saybrook, CT 06475	(860) 395-3190	https://www.oldsaybrookct.gov/youth-and-family-services

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Nate C